

WIFE SAVERS

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The most nearly ideal method of cooking meats, fish and fowl is spit cooking. This means the food rotates around the heat source, all sides thus getting equally cooked. But the rotation also keeps all sides constantly bathed in liquid fats or prepared basting. This constantly moving basting sets up a moisture seal that keeps the juice inside the food, so it is more moist and retains more of its flavor than if it had been cooked by another method.

The separate appliance rotisserie is a welcome piece of equipment for any amateur or professional cook—who can use it indoors or out, since it plugs into a convenience outlet. Also, the electric range manufacturers offer a rotating spit in their top-of-the-line models. Rotisserie cooking leads into new and wonderful ways of seasoning.

Barbecue or basting sauces are major assets of spit cooking. A good basting sauce need not be complicated; the most famous are the simplest. Try to use the best ingredients—fresh herbs, good sherry, vermouth, or whatever. Since you are out for the taste value of the ingredients, use only high-grade material. Basting should be done with a brush or a baster which resembles a big medicine dropper.

Rotisserie cooking is remarkably fast. It takes one-third to one-fourth less time to prepare meats on the spit than if they had been roasted.

Because of differences in rotisseries no master timing chart is available, so use a meat thermometer whenever possible. Make sure the thermometer does not touch the spit or any bone in the meat or it will not register accurately.

There should be a "stand-by" time for the meat—take it off the spit and allow it to "rest" for 10 or 15 minutes before slicing or carving takes place. This "stand-by" time allows the meat to become more firm and attain a more tender texture—as well as making it easier to carve.

ROLLED ROAST PIERRE

6 pound rolled roast (prime rib, boned and rolled, or rump roast)
4 tablespoon soy sauce
1/2 cup olive or vegetable oil
1 tablespoon Worcestershire sauce
1 tablespoon rosemary
Marinate meat in combined ingredients at room temperature for 2 hours before rotating. Secure on spit and roast 2 hours or until meat thermometer registers "rare." Baste frequently with marinade and drippings. Serves 4 - 6.

CHICKEN AU FINES HERBS

2 broilers, 2 pounds each
Salt and pepper
4 tablespoons butter
1/2 teaspoon each: chives, basil, parsley.
Salt and pepper broilers. Combine herb mixture with butter and rub skin of each bird, reserving 2 tablespoons for basting. Secure chicken on spit, tie well, and rotate about 1 hour and 15 minutes or until meat thermometer registers "done." Melt the 2 tablespoons of herb-butter mixture on WARM heat and use it to frequently baste the chicken during rotating period. Serves 4.

Save Summer Peaches For Winter Months

Luscious peaches from the supply of fresh summer fruits make marvelous sweet spreads to serve with winter meals.

Your efforts in making peach jams and marmalades will be well repaid by the pleasure the family will get when you serve them. You'll be mighty glad you took the time to make a supply of these sweet treats.

PEACH JAM

8 C. crushed peaches
1/2 C. water
6 C. sugar
Wash, drain, scald, peel and crush peaches. Measure into large kettle. Add water and boil 10 min. Add sugar. Boil, stirring often as jam thickens, until of desired consistency. Pour, boiling hot, into sterilized jars. Seal at once.

SPICED PEACH JAM

Follow recipe for Peach Jam. Tie whole cloves, stick cinnamon and whole allspice loosely in a piece of cheesecloth and drop into jam while cooking. Remove bag of spices when jam has desired flavor.

PEACH-ORANGE MARMALADE

8 C. chopped peaches
4 large oranges
6 C. sugar
Wash and peel peaches. Chop very fine. Measure into large kettle. Peel oranges and cut pulp of all four into small pieces. Cut rind of two of the oranges into tiny slivers. (Disregard remaining rind.) Add orange pulp and cut rind to peaches. Measure sugar and add to fruit. Mix thoroughly. Bring to boil and cook, stirring occasionally, until desired consistency. (Allow 25 to 35 min.) Pour into hot sterilized jars and seal at once.

TUTTI-FRUTTI JAM

1/2 C. orange juice
1/4 C. lemon juice
1 C. chopped, fresh peeled peaches
1 C. chopped, fresh peeled pears
1 C. canned, crushed pineapple
1/2 C. quartered maraschino cherries, drained
5 C. sugar
1/2 C. liquid fruit pectin

Put orange juice, lemon juice and fruits into a large kettle. Mix in sugar. Let stand 1 hour. Bring to boil. Boil at full rolling boil for 1 minute. Stir in liquid fruit pectin. Turn off flame. Stir 5 minutes. Pour into sterilized jelly glasses. Seal with paraffin.



You Save on
at Food

U.S.D.A. "CHOICE" OR FOOD GIANT "BANQUET PERFECT"

RIB STEAK

77^c
lb

U.S.D.A. "CHOICE" OR FOOD GIANT "BANQUET PERFECT"

BONELESS BEEF ROAST

79^c
lb

ROUND STEAK

Boneless **98^c**
lb

BONELESS RUMP ROAST

98^c
lb

RUMP ROAST

bone in **79^c**
lb



U.S.D.A. "CHOICE" OR FOOD GIANT "BANQUET PERFECT"

CHUCK STEAK

37^c
lb.



Beltsville U.S.D.A. Gr. "A" Avg. wt. 4-8 lbs
Fresh Turkeys **45^c**
lb.

Sliced 1-pound package
Farmer John Bacon **49^c**

Icelandic Frozen, 12-oz. pkg.
Breaded Haddock **49^c**

Icelandic Frozen, 12-oz. pkg.
Breaded Halibut **69^c**

FRESH, LEAN, FLAVORFUL
GROUND BEEF **39^c**
lb.

U.S.D.A. "CHOICE" OR FOOD GIANT "BANQUET PERFECT"
CUBED STEAK **98^c**
lb.

U.S.D.A. "CHOICE" OR FOOD GIANT "BANQUET PERFECT" BONELESS
FAMILY STEAK **79^c**
lb.

PURE CANE
C and H SUGAR
543^c
lb. bag
SAVE 11^c

Food Giant Mayonnaise
24-oz. jar
25^c
SAVE 14^c

Tomato or FRESH TOMATO
Green Beans
22^c
LBS

Automatic Dishwasher Detergent. (1)
Finish Detergent

ASSORTED COLOR
Soft TISSUE
roll pack
21^c

Case Swayne. Western style, a cookout special! 15 1/2-ounce can
Pinto Beans **2:25^c**

Cloud-soft facial tissue, Pink, White or Yellow. box of 400
Chiffon Tissue **25^c**

Head for the Hills! Drip or reg. (2-lb. can, \$1.53) 1-lb. can
Hills Bros. Coffee **77^c**

Marshburn Farms. Saves kitchen time! 1 1/2-pound package frozen
Medley Vegetables **39^c**

HILLSDALE HAWAIIAN HALVES
SLICED PINEAPPLE
no. 1 flat can
10^c

TREESWEET
GRAPEFRUIT JUICE
jumbo 46-oz. can
39^c

GIANT SIZE (INCL. 10c OFF)
RINSO BLUE DETERGENT
22-OZ. PLASTIC BOTTLE
LUX LIQUID DETERGENT
CORAL (BATH SIZE - CORAL, PINK OR)
LIFEBUOY TOILET SOAP
20-OZ. PKG. DETERGENT
DISHWASHER ALL
GIANT PKG.
FLUFFY ALL DETERGENT
22-OZ. PLASTIC
SWAN LIQUID DETERGENT
(BATH SIZE BARS, 2 for 41c)
PRAYSE TOILET SOAP

Van de Kamp's SPECIAL
THURS. - SUN. AUG. 13-16
WHITE MOUNTAIN CAKE
SAVE 21^c **98^c**

FINE LIQUOR
FROM CALIFORNIA'S CHOICE VINEYARDS
CHAVEL BLANC CHAMPAGNE **\$189**
full fifth
Case of 12 fifths, \$20.41
WITH NEW BUILT-IN POURER—REG. \$12.49
Early Times New KENTUCKY BOURBON
New 1/2 Gallon **\$10⁹⁵**
CHARCOAL FILTERED
Sarnoff Vodka Full Fifth **\$2⁹⁸**

Snack Bar Special!
BARBECUED SPARERIBS
98^c
lb
Only in Stores with Snack Bars

DELIGHTFUL
MONTEREY JACK
GRAND TASTE (One Jar 60c)
ALL-MEAT OLIVE
13-OUNCE PACKAGE PICNIC
OSCAR MAYER's